

**Abstract**

An articuable joint is provided for use with at least two support arms, the joint comprising a front disc and a rear disc, each connected to respective support arms, the front disc rotatably connected to the rear disc around a shoulder bolt. The joint further includes a clutch washer located between the front and rear discs, the clutch washer having a front surface abutting the front disc and a rear surface located adjacent the rear disc, the rear surface of the washer having a plurality of spaced apart sockets, each socket configured for receiving a ball bearing therein. A pressure application means is releasably connected to the front disc and extends therethrough engaging the clutch washer for applying adjustable pressure to the clutch washer, thereby adjusting frictional resistance to rotation of the front disc relative to the rear disc.